

## MONTGOMERY MT Breeze

PUBLISHED BY THE MOUNTAIN BREEZE STAFF

### Town annual election date set for May 19th

The Town of Montgomery Board of Selectmen has set the town's annual election date to be May 19, 2020. This coincides with the date established by the State for the special legislative election ordered to fill the vacant Senatorial seat formally held by Westfield Mayor Donald Humason Jr. The Board of Selectmen's decision to combine the towns annual election with the commonwealth's special legislative election was made with the intent to minimize the number of times the towns voters will be required to have potential exposure to the COVID-19 virus thru public contact. "The Selectmen identified the strong level of participation from our towns elderly during voting events

and worked to address concerns associated with protecting our most vulnerable population.

The town is taking additional steps to ensure the voting site will be cleaned prior to opening and maintained safe during the polling hours of operation to protect the voters and the poll workers" said Chairman Michael Morrissey.

Point of Contact:- Michael Morrissey  
email: [mmorrissey@montgomeryma.gov](mailto:mmorrissey@montgomeryma.gov)  
Cell: 413-977-6540

The Board of Selectmen also set the date for the Montgomery's annual town meeting, the date for the annual town meeting is Monday June 15,

2020 at 7:00 pm. "This date is a change from the third Monday in May, as outlined in Montgomery's by-laws governing annual town meetings. The Board of Selectmen utilized the authorization from the recent Municipal Governance Legislation enacted by Gov. Baker during the public health emergency to make the change. The Board of Selectmen are working closely with the town clerk Judith Murphy make sure voters are aware of the changes and are developing plans to send out reminders in the mail as the dates get closer." Chairman Morrissey said.

### Updates from the Police Chief

#### Memorial Day 2020

With the Covid 19 pandemic, schools out until the end of this school year, and gatherings of over 10 allowed at this time – Memorial Day plans have changed.

There will be no "official" observation, but as my father was a WWII veteran, I will be in the center of town at the Garden to honor all veterans who have served and are serving now. I will take a walk to the Center Cemetery as well.

If anyone wants to pay tribute – you are welcome to join me. Social distancing will be practised.

#### The Town Hall

The Town Hall is closed to the public. I am still processing licenses as the records bureau is considered "essential". If you are due to renew your license or want to apply for a new one – you can get the new/renewal application at [Mass.gov/firearms](https://www.mass.gov/firearms), complete it and I drop it into the slot in the front door at the Town Hall. I will start the application on line, do a fingerprint check and DMH check. I will need a picture to complete the application – but the fingerprints can take up to five weeks – social distancing may be relaxing by that time.

If you have any questions, please e-mail me at [police@montgomeryma.gov](mailto:police@montgomeryma.gov) or leave a message at my home phone number 862-4949.

Stay safe, healthy and practice social distancing!  
Paula L. Chapman – Administrative Chief of Police

### Spring has arrived, open burning season permits required

Open burning season closes May 1. Call 862-4505 to obtain a burning permit. Permits Are Required. Get a permit from the local fire dept. Fire Chiefs determine when it is safe to conduct open burning on a daily basis. Weather conditions change rapidly, especially in the spring. Permits can be rescinded if conditions change suddenly, making it

Please turn to page 4.

**"Exploring the unknown requires tolerating uncertainty."**  
Brian Greene

# Important numbers

FIRE EMERGENCY 911  
AMBULANCE 911  
STATE POLICE 911

HIGHWAY DEPARTMENT 862-4037

GATEWAY HIGH SCHOOL 685-1102

GATEWAY MIDDLE SCHOOL 685-1202

GMS ATTENDANCE 685-1201

LITTLEVILLE ELEMENTARY 685-1301

TOWN HALL OFFICE 862-3386

Listen to the following extensions of each office.

[townhall@montgomeryma.gov](mailto:townhall@montgomeryma.gov)

Administrative Secretary Hours, Tuesdays & Thursdays from 10 a.m. to 4 p.m.

FIRE DEPT: 862-4505

FIRE CHIEF - CHRIS GALIPEAU 862-4599

TOWN CLERK - JUDY MURPHY 862-3386 ext 3  
or direct line 642-6927

Office hours are on the 1st and 3rd Wednesday of each month from Noon - 4:00. Or you may call for an appointment.

POLICE DEPT:

ADMINISTRATIVE POLICE CHIEF -  
PAULA CHAPMAN Home 862-4949  
Office 862-3386 ext 5

TAX COLLECTOR - JANE THIELEN 862-3386 ext 1

or direct line 642-8139

ANIMAL CONTROL OFFICER -  
PHIL CAMP 862-4976

SELECT BOARD:

DONALD WASHBURN 862-3301

MIKE MORRISSEY 862-3386

JACOB CHAPMAN 862-4949

Meetings for the Select Board are held at 7:00 p.m. every other Thursday.

SCHOOL COMMITTEE:

MADELYN AUSTIN 862-4004  
[mrrrr@verizon.net](mailto:mrrrr@verizon.net)

LIBRARY:

LIBRARIAN - PAULA LONG 862-3894  
[montgomerylibrary@yahoo.com](mailto:montgomerylibrary@yahoo.com)

HOURS: Tuesday 10:00 a.m.-5:30 p.m.  
Thursday 4:00 p.m.-8:00 p.m.  
Saturday 9:30 a.m.-12:30 p.m.

BOARD OF ASSESSORS:

Meetings of the Board of Assessors are held on the 1st & 3rd Wednesday of each month from 8:00 p.m.-9:30 p.m.  
Please call 862-3386 ext 2 or direct line 642-8105 for an appointment. Assessors' Clerk hours 1st & 3rd Wednesdays of each month from Noon - 4 p.m.

CONSERVATION COMMISSION -

PAIGE LALIBERTE, Chairman 413-287-2167

The Conservation Commission meets on the first Monday of each month.

COUNCIL ON AGING 862-3386 ext 6 or 642-8143

STATE REPRESENTATIVE LINDSAY SABADOSA:

[info@lindsaysabadosa.com](mailto:info@lindsaysabadosa.com) (413) 539-8599

[montgomerymtbreeze@gmail.com](mailto:montgomerymtbreeze@gmail.com)

# May Calendar

All coffee hours, yoga and Osteoporosis exercise classes have been cancelled for the month.

May 12 Recycling day

May 19 7:00 am - 8 pm - Special Senatorial Election & Annual Town Election - Town Hall

May 25 Memorial Day

May 26 Recycling day

June 9 Recycling day

June 23 Recycling day

July 7 Recycling day

July 21 Recycling day

Scheduled events and times are fluid at this time and subject to change.

## CEMETERY LOTS AVAILABLE

Anyone wishing to purchase a cemetery plot/lot, please contact Joanne Hebert at 862-4586, Patty Little at 862-3830 or Scott Darling at 862-3378, not the Town Office. The price per plot is \$200, lots of 4 plots are \$800. Sales are limited to residents of Montgomery.

## Paula L. Chapman

Administrative Chief of Police  
for the Town of Montgomery

OFFICE HOURS: 6:30 pm to 7:45 pm

The office is in the basement of the Town Hall

May 14 May 28

June 25

July 9 July 23

August 6

## MOUNTAIN BREEZE AD POLICY

Montgomery resident ads: \$3.50 for ¼ page, \$7.00 for ½ page, \$10.50 for ¾ page and \$14.00 for a full page.

Non-resident ads: \$5.00 for ¼ page, \$10.00 for ½ page, \$15.00 for ¾ page and \$20.00 for a full page.

Political ads: \$15.00 for ½ page and \$30.00 for a full page. (Political ads must include the name of the payer.)

Ads: email (preferably pdf file) to [montgomerymtbreeze@gmail.com](mailto:montgomerymtbreeze@gmail.com), put in the MB box at the Library, or mail to: **Montgomery Mountain Breeze, c/o Grace Hall Memorial Library, 161 Main Road, Montgomery, MA 01085-9525.** Include your name and phone number. Payment must be received by deadline date (usually on the 16th of the month) or ad will not be run. No cash, please; make check payable to Montgomery Mountain Breeze and put in the MB box at the Library, or mail to above address.

## MOUNTAIN BREEZE STAFF

Editor: T.Lak 413-237-2818

Helen Allyn \* Chris Brown \* Laurie Flechsig \* Paula Long \* Julie Pike \* Jane Thielen

[montgomerymtbreeze@gmail.com](mailto:montgomerymtbreeze@gmail.com)

May 2020



The next best place to meet your neighbors again!



# Yep! Scott's at it again.

He'll be setting up the ole Grille Wagon at the Montgomery Marketplace picnic area for your take out pleasure.

Hello to all the good folks in Montgomery and other Hilltowns. It has been a while since the largest restaurant in the whole metropolis of Montgomery has been open and I wanted to be sure I could open a safe dining experience. Aside from asking everyone to bathe in a bleach water solution, I thought I would **reopen in early May** from a food trailer parked in front of the Grille.

I believe the safest way for me to reopen is for take out only. I will not be offering my full breakfast menu. Breakfast doesn't always travel well. We will be offering our lunch menu as well as some breakfast items like the cooked to order breakfast sandwich, out the door for only **Three Bucks!** We will be serving our lunch menu from 10:00 am to 6:00 pm, Wed thru Sunday. Hours, days, and menu are subject to change as life around us keeps changing. We will also be offering take home dinners like **Shepard's Pie, corn beef and cabbage**, maybe even mac and cheese...maybe. As well as our **half pound burgers, steamed hot dogs** with new **tasty toppings**, some **homemade fried chicken** and maybe even some **waffles to go with the chicken**.

This whole thing is going to be a learning curve for us all. I am going to try and make the safest environment for my co workers and my customers. I am not sure how it will all turn out, but I am sure I need to give it a go.

There is a new website that will have the standard menu and I will do my best to keep that updated.

**montgomerygrillema.com • email address: grilleofmontgomery@gmail.com**

**Montgomery  
Grille**

AT THE MONTGOMERY MARKETPLACE

**montgomerygrillema.com • 46 Main Rd, Montgomery, MA • 862-(FOOD) 3663**

**Grille Wagon**  
**862-(FOOD) 3663**

# Use the extra time on your hands to explore these tips

Here is your May gardening tips:

- If you have rhubarb, harvest only 1/3 of the stems of the plant.
- Creeping thyme makes a good ground cover on dry slopes.
- By mid May, sow sweet corn and bush beans in the garden.
- Tomatoes should not be planted outside until the soil reaches 60 degrees traditionally on Memorial Day.
- Prune spring flowering shrubs, i.e. forsythia, flowering quince after they have bloomed.
- Grow vegetables vertically to save garden space, such as pole beans and cucumbers.
- Transplant squashes, pumpkins, cucumbers and melons at the 1 to 2 true leaf stage.

## GardenNews

by Chris Brown



- Leave spring blooming plants alone. It is tempting to cut back the foliage, but the green leaves are photosynthesizing and building up sugar reserves for the bulb next year's blooms. Cutting the flowers are ok.
- Sow a wildflower patch or meadow. Look for mixes developed to support local pollinators. Bees are attracted to blue and yellow flowers, butterflies are typically attracted to red, orange and yellow.
- There probably will not be a plant sale this year in Montgomery. However, many perennials need dividing. Consider sharing your perennials with your neighbors.

*The above information is from the UMass calendar and the May 2019 U Mass Extension newsletter.*

## PEANUT BUTTER COOKIES

Recipe for May 2020 by Chris Brown. At this stressful time, we need Comfort Food. The following recipe is from Kenda Condon, a long ago resident of Montgomery. She and Tom lived on Main Rd. and moved to Illinois.

1/2 cup shortening (butter or margarine, softened)	1/2 cup peanut butter	1 egg
1/2 cup granulated sugar	1/2 cup brown sugar	1 1/4 cups all-purpose flour
1/4 tsp. baking soda	1/2 tsp. baking powder	1/4 tsp. salt

Mix thoroughly shortening, peanut butter, sugars and egg. Blend in flour, soda, baking powder and salt. Cover and chill.

Heat oven to 375 degrees. Shape dough into 1 " balls. Place 3" apart on lightly greased baking sheet. (I used parchment paper). With a fork dipped in flour, flatten in crisscross pattern to 2". Bake 10 to 12 minutes until set but not hard. (I baked for approx. 10 minutes, so they were soft cookies. Makes 3 doz.

MAY RECIPE

## • Open burning permits required

Continued from Page 1.

unsafe to burn.

According to Department of Environmental Protection regulation (310 CMR DEP 7.07), open burning must: be a minimum of 75 feet from all buildings; be conducted between 10 a.m. and 4 p.m. from January 15 to May 1; and take place on the land closest to the source of material to be burned. You must also be sure air quality conditions are acceptable for burning by calling the Massachusetts DEP Air Quality Hotline at (617) 556-1021 or by visiting the MassAir Online website at <http://public.dep.state.ma.us/MassAir>.

The Montgomery Fire Dept reminds all that burning season is over May 1st. Call 862-4504 for a permit. Do not burn if extremely dry or windy.

With warmer weather brings ticks. It seems more of us



154 Main Road  
Montgomery, MA

are enjoying the outdoors in these stay at home times. Check yourselves when returning home and remove any ticks that may be on you. Don't forget to check your pets, they don't like ticks either.

**Chief Frye Memorial update;** the MFD Association plans on having the memorial completed by this fall. A lot of hard work and donations is involved. If anyone wants to help out please contact Chris, 862-4599.

As always, we are looking for **volunteers for the Fire Department**. 1st and 3rd Tuesdays of each month are our training/meetings. At this time we have changed our protocols due to social distancing so if you would like to become a member please call 862-4505.

Please be safe using social distancing and don't forget to check on your neighbors.

Thank you for all your support!

### MAY BIRTHDAYS:

Jeff Brown  
Ellen Couture

Jamie Ellis  
Christina Harris  
Jillianne Jacques  
Cheryl Masciadrelli  
Kolleen Morrissey

Kyle Morrissey  
Erin Pease  
Nancy Peckham  
Linda Smith  
Garrett Spencer-

Bartlett  
Carol Stevens  
Matthew Warren

### MAY ANNIVERSARIES

Judy & Bob Dowd



## Dog license(s) 2020-21 update

Your current dog license will expire at the end of March. The new licenses are in. You must license your dog in this town or any other town that you live in. You can mail it to the address below just make sure you include a self-addressed stamped envelope, and a check made out to the Town of Montgomery. If you do not send the self-addressed stamped envelope the license will not be mailed back to you. The fee for dogs that are neutered is \$6.00, un-neutered is \$10.00. For multiple dogs you can make a copy of this form. If you prefer you can license your dog during the town clerks regular hours as listed in the Mt. Breeze, or you may also call me and make an appointment to obtain your license. You will also be able to obtain a license at the upcoming Town Election which will be held on Monday May 4, 2020 from 12:00 to 7:00p.m. If you have any other questions please feel free to call me.

The town by-laws require all dogs be licensed by July 1st of each year or you will be fined a late fee of \$25.00 per dog, along with the licensing fee. All dogs three months and older, even if they are inside dogs, must be licensed.



Thank you;  
Judith L. Murphy, Town Clerk  
58 North Rd, Montgomery, MA, 01085  
413-642-6927

<b>ANIMAL LICENSE</b>		<b>NO.</b>	
Town of <b>Montgomery</b>			
THIS CERTIFIES that _____, the undersigned,			
is the owner or keeper of an animal kept at _____			
Telephone: _____			
and described as follows: NAME _____			
SEX	AGE	YRS	MOS
MALE <input type="checkbox"/>	PROMINENT BREED		
FEMALE <input type="checkbox"/>	COLOR		SPECIES
SIZE	NEUTERED		<b>Dog</b>
SMALL <input type="checkbox"/>			
MEDIUM <input type="checkbox"/>			
LARGE <input type="checkbox"/>			
Further Details: _____			
and is the animal described in _____			
RABIES VACCINATION CERTIFICATE NO. _____			
Expiration Date _____			
Dated _____, 20____			
Signature of Owner or Keeper _____			
In reliance on the above certificate and the payment fee of \$ _____			
the animal above described is licensed for the period ending <b>4 / 1 / 20 21</b>			
Dated _____, 20____ Town Clerk _____			



**Celebrating 30 years In Business**

1990

**MJC**

2020

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Westfield, MA 01086

**413-562-1973**

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Residential and Business Curbside and Dumpster Service.

Get Your Best Price and Call Us Last

**LOWEST RATES GUARANTEED!!!**

Residential curbside pick-up

Approx. \$6.00 = lower price per week than any competitor.

Save at least \$72 per quarter.

## Fire Chief Stephen P. Frye Memorial Scholarship information

**Open to:** Graduating Montgomery High School Students

**Eligibility requirements:** Must be a resident of Montgomery (non-Gateway students may request an application from Montgomery Fire Department) (Contact Dan Flechsig – 862-8095 or email – 83.mfd.association@gmail.com)

**Criteria:** Community Service, Academic Accomplishment, Financial Need

**Award amount:** \$250.00

**Application deadline:** May 15th

**Application requirements:** Gateway common application, transcript

**Completed application to:** Montgomery Fire Department

Attn: Scholarship Committee

154 Main Road

Montgomery, MA 01085

\*\*\*: You must provide official documentation of 2nd semester enrollment in educational institution.



### Outside the bird feeder with Lori Conley

#### BIRDING IN CEMETERIES?

Birding is often best in the least likely places and many cemeteries are great places to observe birds. Old rural cemeteries especially, are often repositories for native plants, remnants of the native habitats of the 19th century. Some cemeteries have some of the oldest trees in town, since one of the first things people would do is plant trees where their loved ones were buried, thus making these places bird magnets for migratory birds (and local ones) that find food and cover in these green oases.

The average person might not think of cemeteries as places to spend a leisurely afternoon birding, but many of

the cemeteries in the U.S. were designed as rural gardens. Tranquil and beautiful, Mt. Auburn cemetery (174 acres) in Cambridge MA, was the first one to be designed as a rural garden and park and tours are given by the Audubon Society during migratory bird season.

If you haven't tried birding in a cemetery, grab a friend and try it. Stop thinking of them as scary and gloomy places and start seeing them as peaceful and full of the stories of life.

Remember to observe cemetery rules and be respectful of others visiting loved ones there.

Blessings for a safe, healthy and happy spring!

## Annual Plant Sale offers unique solution

"Plant Sale" in Montgomery

There are many Montgomery gardeners who have perennial plants that need to be divided in the Spring. We usually have a Book/Plant sale in May at the Red School house on Pitcher St. However, this year is different.

We have decided to have a plant sale/2020 style. The plants will be for "sale" or for a monetary donation. The Library Friends account will accept all monies, either cash or check.

The logistics of the plant exchange should be worked out. But we will follow social distancing.

A list of available plants will appear on the Library Web page [Montgomeryma.gov](http://Montgomeryma.gov) or the Library Facebook page [Facebook.com/gracehallmemorial](https://www.facebook.com/gracehallmemorial). We will indicate how to get the plants you may desire and how to donate. Email Chris Brown at [chrisbro40@yahoo.com](mailto:chrisbro40@yahoo.com) if you have plants to share. If you have any questions as to how this will work, email Chris and hopefully, we can answer your questions.

Please remember, all monies will benefit our library for library programs and activities.

### Offered to a home in need

Offering free seasoned firewood to town residents who really could use it. Most in 4 foot lengths from small to large. If interested call 862-3395. Please not intended for resale; only for those in need.

Thanks, a Montgomery neighbor

### Scholarships available

Don't forget that scholarships for ALL Montgomery students are available through the Gateway High School website:

<https://www.grsd.org/1/Content/282>

### Learn at home

<https://myemail.constantcontact.com/More-Virtual-Learning-At-Home-for-April-.html?soid=1102808931044&aid=8dN-8-4rwS8>

## HHS events on hold, give thanks to first responders

Perhaps we shouldn't title this brief article "Happenings" when at this moment in time, there can be no "happenings" that involve more than ten people getting together. It is with our apologies and regrets that we are still in a holding pattern with Historical Society events and field trips. Our annual meeting, potluck supper and program would have happened on **Saturday, May 16** but, alas, it cannot take place due to concerns about the spread of the coronavirus. At this time, we are cancelling or postponing all events until such time as

### Historical Happenings



restrictions on gatherings are lifted. We hope everyone is able to stay at home, stay well, and check up on friends and loved ones to be sure they are safe, too. With our caution and consideration, "we'll

get through this together."

We'd also like to give special thanks to all the doctors, nurses, first responders, and "essential employees" who are working to help us through the pandemic. **YOU ARE ALL HEROES!**

*The display case in the Montgomery Library "hosted" by your Historical Society has not been updated with a new exhibit at this time. There will be a change of display as soon as our library is reopened to the public. We apologize for this inconvenience.*

## Recycling is changing, read the updated guidelines

Is Recycling Broken? The answer is no, but it is changing. Three Recycling Committee volunteers participated in a webinar on the topic presented by the Mass DEP Recycle Smart team. The main topics are summarized below.

### 1. What happens to what I recycle? Where does it go?

Our recyclables are hauled to the Materials Recovery Facility (MRF) in Springfield by Republic Services. The town has a contract with Republic for biweekly, curbside pick-up of dual stream (paper/cardboard separate from plastic/glass/etc.) and one bulk drop off a year. Our recyclables do NOT go to the landfill.

### 2. What changes are happening to recycling in Massachusetts?

Our recyclables aren't "clean" enough to export to countries such as China due to contamination. But MRF continues to find markets for our recyclables.

### 3. What items are contaminating our recyclables?

Items called Tangles - plastic bags, plastic wrap, garden hoses, wire, clothing and electronics, to name a few. These items damage equipment and present safety issues for workers who sort the recyclables and maintain the equipment.

### 4. What items can be recycled?

The Recycle Smart website has a Recyclopedia on their web page that allows you to enter an item in question to determine if the item can be recycled or if it's trash. ([recyclesmartma.org](http://recyclesmartma.org)) A quick update:

#### Accepted -

- pizza boxes – grease OK, no food scraps
- clear clamshell containers – labels removed if possible
- most bottles, tubs, jugs and jars – clean, empty, caps attached

#### Not Accepted -

- styrofoam
- garden pots
- black plastic containers such as microwave trays
- napkins, paper towels

Note: Do not put recyclables in plastic bags.

### 5. What about the number on the bottom of most plastic containers?

Not all numbers indicate that the item is recyclable. Last month's Mountain Breeze included an updated Smart Recycling Guide as a reference.

We want to continue recycling in Montgomery. It benefits each household, the Town and our fragile environment.

## Condolences to...

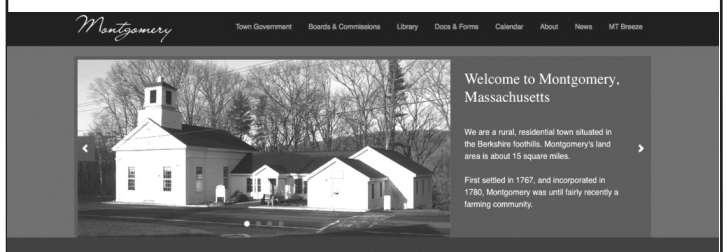
Helen Koziol and family on the loss of her husband Edward J. Koziol, Jr. on April 4 in Springfield.

Julie Pike, Laurie and Dan Flechsig and family on the loss of Julie's husband and Laurie's father on April 12 at home.

Kelly and John Burek and family on the loss of Kelly's father, Patrick Donald Dineen on April 14 in Leesburg, Florida.

Jo-Ann and Stephen Orluk and family on the loss of Jo-Ann's mother Sally Oleksak on April 17 in Westfield.

View the current and back issues of the Montgomery MT Breeze at the Town of Montgomery website: [montgomeryma.gov](http://montgomeryma.gov)





MAY 2020



# Library News

The difference between winning and losing most often is... not quitting- Walt Disney

LIBRARY NEWS

Yoga, Basket Weaving with Chris Brown and Davis Bates  
Irish music will be rescheduled as soon as possible

Facebook.com/gracehallmemorial

Trustees Meeting May TBA at 6:30 pm

Libby App for eBooks

## Hours

Tuesdays 10 – 5:30

Thursdays 2- 8

Saturdays 9:30- 12:30

## Contact

Mail: 161 Main Road,  
Montgomery, MA 01085

Phone: 413-862-3894

Email:  
[montgomerylibrary@yahoo.com](mailto:montgomerylibrary@yahoo.com)

Websites:  
[montgomeryma.gov/library](http://montgomeryma.gov/library)  
[Wghl.masscat.org](http://Wghl.masscat.org)

[Commonwealthcatalog.org](http://Commonwealthcatalog.org)

## MAY 2020

All dates are subject to change due to the COVID19 pandemic. Please check our Facebook page for weekly/daily updates.

## BOOK & PLANT SALE

Date TBA in MAY from 9 am to 2 pm at the Corner School House ( Little Red School House) on the Corner of Pitcher St. & Main Rd. Stop in for great summer reads and plants for your yard. Donations of books will only be taken by appointment please contact the library; plant donations please contact Chris Brown. Sales from this event help support our Summer Reading Program

Convid-19 Shut down till May 4 If the shut down last longer than May 4 and to comply with the State on handling and disinfecting Library items the Library will provide the following services. If the ban is lifted then normal hours will return.

**Curb side pick up/drop off** Available *after* May 4

Dates Thursdays 12– 3 pm, Tuesdays 10 am to 1 pm,

Saturdays to be announced. Or by appointment

Please email library at: [montgomerylibrary@yahoo.com](mailto:montgomerylibrary@yahoo.com) or call 413-862-3894 for Item requests. We will have the items ready and bagged for you. Pick up items by knocking on the Children's outside door and we will bring you the items out. Return items can be placed in the Drop Box.

**Sorry NO Inter Library Loan items are available at this time and no HOLDS can be placed.**

Libby is the Overdrive App for the Massachusetts eBook collection. You can also access the collection at [sails.overdrive.com](http://sails.overdrive.com) on both platforms you will need your Montgomery Library card number. Your card number is on the back of your library card or you can contact the library.

## FOR MOBIL DEVICES YOU NEED TO DOWNLOAD

THE LIBBY APP FROM YOUR DEVICES APP STORE. THIS IS FOR NOVELS, MAGAZINES AND AUDIO-BOOKS

1. Follow the prompts, yes if you have a Library card
2. Next prompt select: " I'll search for a Library.
3. At the next prompt type in "**SAILS Library Network**"
4. Choose between Kindle or Libby App
5. Choose: "Sign in with My library card"
6. choose "**MassCat Library Patrons**"  
Enter with your barcode and PIN/password. Your barcode as your Login and the PIN/password is what you use to login to MassCat. This is usually the last 4 digits of your library card. For Desk Top version: go to <https://sails.overdrive.com/>  
Go to Sign In (right-hand side in blue)  
On the "Select Your Library from the List Below" choose "MassCat Library Patrons"  
Sign in with your barcode and PIN/password



# COUNCIL ON AGING

Serving the Citizens of Montgomery  
May 2020

## Calendar

**Coffee Hour – Cancelled**

**Osteoporosis Exercise Class  
Cancelled**

## Birthdays

Carla LaFleur	Gunarts Jansons
Nancy Peckham	Claire Tyminski
Ellen Shaw	Mae Kenyon
David Fuller	



Senior Picnic – Strathmore Park  
Wednesday – June 19

Noon – 3pm

Entertainment – Sarah the Fiddler  
Peppermill Catering

We are still hoping to have this event, but like everything else it is subject to change. Please check your Mountain Breeze next month for more information.

## The Huntington Lions Club Annual Senior Appreciation Luncheon Has Been Cancelled



**MAKE YOUR MARK: MAY 2020**

Every May, the Administration for Community Living (ACL) leads our nation's observance of Older Americans Month. We are pleased to announce the 2020 theme: Make Your Mark. ACL selected this theme to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience and talents benefit family, peers, and neighbors every day.

Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference everyone can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

**Elder Abuse** – (800) 922-2275

Elder Abuse refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult 60 or older.

**Meals on Wheels** – Highland Valley Elder Services – 800-322-0551 or 413-586-2000

**Shine Counselor** – Buliah Thomas – 667-2203

**Veteran's Agent** – Daniel Flechsig – 862-8095

Zodiac Sign – Taurus/Gemini

Flower – Lilly of the Valley

Birthstone – Emerald

**NCOA – National Council on Aging**  
**Older American Month - May 2020**

### **6 Steps to Protect Your Older Loved One from a Fall**

Did you know that one in three older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+;

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can lead to a fall:

- **Balance and gait:** As we age, most of use lose some coordination, flexibility, and balance – primarily through inactivity, making it easier to fall.
- **Vision:** In the aging eye, less light reaches the retina – making contrasting edges, tripping hazards, and obstacles harder to see.
- **Medications:** Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.
- **Environment:** Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safe as they age.
- **Chronic conditions:** More than 90% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

### **6 Steps to Reducing Falls**

1. **Enlist their support in taking simple steps to stay safe.** Ask your older loved ones if they're concerned about falling. Many older adults recognize that falling is a risk, but they believe it won't happen to them or they won't get hurt – even if they've already fallen in the past.
2. **Discuss their current health conditions.** Find out if your older loved one is experiencing any problems with managing their own health. Are they having trouble remembering to take their medications – or are they experiencing side effects? Is it getting more difficult for them to do things they used to do easily?
3. **Ask about their last eye checkup.** If your older loved one wears glasses, make sure they have a current prescription and they're using the glasses as advised by their eye doctor.
4. **Notice if they're holding onto walls, furniture, or someone else when walking or if they appear to have difficulty walking or arising from a chair.**
5. **Talk about their medications.**
6. **Do a walk-through safety assessment of their home.**
  - **Lighting:** Increase lighting throughout the house, especially at the top and bottom of stairs.
  - **Stairs:** Make sure there are two secure rails on all stairs.
  - **Bathrooms:** Install grab bars in the tub/shower and near the toilet. Consider using a shower chair.

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